



TOWN OF **Trumbull** HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

MARCH 2025

ST. PATRICK'S DAY LUNCHEON

**Priscilla Place Café
St. Patrick's Day Luncheon
Monday, March 17th at 12:00 PM
Cost: \$5—\$7 Donation**

Join us for a St. Patrick's Day Celebration! The menu will include Corned Beef and Cabbage. **Reservations are required and must be made a week in advance (by 3/10/25) for holiday events, walk-ins will not be permitted. To make your reservation, please call (203) 452-5199 ext. 3.**

AARP PRESENTS

**AARP Presents:
Disrupt Aging in Your Community
Monday, March 24th at 10:30 AM**

Let's change the conversation on aging! This presentation provided by AARP, challenges individuals of all ages to examine aging trends and the importance of building equity in longevity. Discover what healthy aging means to you, and explore opportunities to combat ageism and live your best life. **To RSVP, please call (203) 452-5199.**

POETRY ROUNDTABLE

**Poetry Writers Roundtable
Monday, March 10th & 24th
10:00 AM—11:30 AM
2nd & 4th Monday of each month**

Calling all poets to join published poet, Emerson Gilmore, for a Poetry Writers Roundtable! Share your work, get feedback, and connect with other poets. All levels welcome. Take that old notebook off the closet shelf and engage the art and craft of writing poetry. This group will meet the second and fourth Monday of every month at 10:00 AM. **To sign up, please call (203) 452-5199.**

ATTORNEY ELIOVSON

**Round Table with Attorney Eliovson:
Life and Long Term Planning
Wednesday, March 26th at 10:00 AM**

Attorney Lyn Eliovson of the firm Eliovson & Tenore of Fairfield will present an open round-table discussing long term care, including Medicare and Medicaid, as well as the documents needed for appropriate "life planning". Attorney Eliovson will review the eligibility, coverage and differences between the two programs. In addition, she will also explain how the two programs dovetail for long term care coverage. Attorney Eliovson will also review the legal documents essential for everyone to ensure that their medical wishes as well as their financial goals are met as they age in place. Attendees are invited to bring their questions for a mutually beneficial discussion. **To RSVP, please call (203) 452-5199.**

QIGONG—NOW IN PERSON!

**Qigong with Julie—Thursdays at 1:00 PM
Beginning March 13th**

Join us every Thursday beginning March 13th for our new in-person Qigong class with Instructor Julie Moffat. Qigong is a mind/body self-care practice from China. It coordinates gentle movement, relaxed breathing, and meditation with self-massage to energize the body. Qigong translates as breath work or energy work—cultivating energy and storing it for body rejuvenation.

UPCOMING PROGRAMS AT A GLANCE

- **Decluttering & Organizing**—March 10th, *see page 5*
- **Bingo**—March 18th & 28th, *see page 5*
- **Reminisce the 1950s**—March 19th, *see page 5*
- **Seniors Helping Seniors**—March 20th, *see page 5*
- **Movie**—March 24th, *see page 5*
- **Brain Games**—March 27th, *see page 5*
- **Karaoke/Sing-a-long**—March 27th, *see page 5*
- **Trivia w/ Mary**—March 31st, *see page 5*



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Trumbull Senior Center

06-5293

HUMAN SERVICES STAFF**Director of Human Services**

Michele Jakab, LCSW
mjakab@trumbull-ct.gov

(203) 452-5144

SENIOR CENTER**Senior Center Coordinator**

Ronnie Mogensen
rmogensen@trumbull-ct.gov

(203) 452-5199

(203) 452-5199

Front Desk

Amanda DeBernardo
adebernardo@trumbull-ct.gov

(203) 452-5199

Transportation & Trip Coordinator

Kyle Black
kblack@trumbull-ct.gov

(203) 452-5137

SOCIAL SERVICES**Social Services Coordinator**

Jennifer Gillis B.A.
jgillis@trumbull-ct.gov

(203) 452-5198

(203) 452-5133

Social Services Administrative Support

Judy Cahill
jcahill@trumbull-ct.gov

(203) 452-5135

Food Pantry

Karen Seferi
kseferi@trumbull-ct.gov

(203) 452-5136

Wellness Nurse

Susan Clay, BSN RN
sclay@trumbull-ct.gov

(203) 452-5134

First Selectman

Vicki Tesoro
Firstselectman@trumbull-ct.gov

(203) 452-5005

Priscilla Place Café

Elaine Marcucio
New England Young at Heart

(203) 452-5199 Ext 3

**HOURS OF OPERATION****SENIOR CENTER HOURS:**

Monday-Friday 9:00 a.m.—3:30 p.m. (203) 452-5199

SOCIAL SERVICES HOURS:

Monday-Friday 9:00 a.m.—4:00 p.m.

Please call (203) 452-5198 for an appointment.

FOOD PANTRY: Monday, Tuesday, Thursday

By appointment only, please call (203) 452-5136.

COMMISSION ON AGING

Ron Foligno: Chair
Mark Ryan: Vice Chair
Barbara Crandall: Clerk
Kathleen Bordelon
Nancy Lucas

Paul McGahey
Linda Randall
Eve Rothbard
Evelyn Wiesner

MEMBERSHIP**JULY 1ST - JUNE 30TH**

Membership runs from July 1st—June 30th.

You can join at anytime during the year.

Resident Annual Fee: \$10

Non-Resident Annual Fee: \$30

Newsletter Mailed: \$10 annually

You may print our membership form out online:

<https://www.trumbull-ct.gov/Archive.aspx?AMID=50>
or call the office at (203) 452-5199.

MISSION STATEMENT

Enrich the lives of older adults by offering programs and education that promote a healthy lifestyle, support independence, and enhance community engagement.

IMPORTANT PHONE NUMBERS

Elder Justice Hotline: 1-860-808-5555

Agency on Aging: (203) 333-9288

211: Referrals to local resources. Call 211

VFW: Graham Bisset (475) 243-3811

The American Legion: Ernie Foito (203) 913-5689

TRUMBULL COMMUNITY TELEVISION

Watch Trumbull TV on Charter Spectrum channel 194, on YouTube at TCTV Trumbull, or on Facebook to watch LIVE municipal meetings and events.

MARCH BIRTHDAYS

We would like to wish a very happy birthday to:

- Joyce Aquino
- Audrey Bajoros
- Nicholas Bandanza
- Maria Barreira
- Laurie Birch
- Luz Butler
- Jeanne Buynak
- Patricia Carter
- Thomas Clyons
- Pamela Critser
- Agnes Esposito
- Tina Evan
- Geri Evans
- Albert Fensky
- Marilyn Gallucci
- Henry Giannini
- Mary Ann Grygorcewicz
- Barbara Johnson
- Robert Jordan
- Joy Koch
- Patricia Kostopoulos
- Roger Kreisman
- Violet Lajoie
- Nancy Lenoce
- Agnes Manuel
- Cheryl Manzi
- Melody Martin
- Patricia McDonough
- Shirley McNamee
- Vangie Michell-Wales
- Lois Neeley
- Paula O'Brien
- Mark Oprendek
- Frederic Peel
- Donna Piccolo
- Stephen Potucek
- Janet Ricci
- Kathleen Riley
- Wendy Ruben
- Carl Scarpelli
- William Selski
- Lorraine Shairer
- Bridget Shanahan
- Patrick Shanahan
- Edward Shapiro
- Michael Sheehan
- Lloyd Stableford
- Stacy Stableford
- Philomena Stefanacci
- Douglas Stevens
- Lillian Tesoriero
- Michael Todd
- Lynn Wham

4 ACTIVITIES, PROGRAMS AND EVENTS

ART CLASSES IN-PERSON

8-Week Painting with Jill Every Friday From 2/21—4/11 10:00 AM to 12:00 PM

Membership and registration are required to participate. **Please call (203) 452-5199 to inquire about openings.**

Cost for Residents: \$20

Cost for Non-Residents: \$40

Students are responsible for their own supplies (list will be provided upon request). Payment must be received within two business days. Please note that each workshop will need a minimum of 10 signups for the classes to take place.

Scholarships are available to Trumbull residents. All inquiries are kept confidential.

3-WEEK ART WORKSHOP

Acrylic Painting 3-Week Workshop Wednesday, April 23rd, 30th & May 7th 10:00 AM—11:30 AM

Join Art Strokes Instructor, Renu Vora for a fun three-week acrylic painting workshop. **All supplies will be provided and are built into the cost of the workshop.** Limited spaces, membership is required. No experience necessary.

Registration opens on Monday, March 31st at 9:00 AM. To sign up, please call (203) 452-5199.

Cost for Residents: \$20

Cost for Non-Residents: \$30

Payment must be received within two business days. Payments are non-refundable.

SIGN LANGUAGE CLASSES

- Continuing Sign Language**
Wednesdays at 10:00 AM
- Introductory to Sign Language**
Wednesdays at 11:00 AM

No experience necessary. **To sign up, please call (203) 452-5199.**

MAKEUP CLASS

Makeup for Mature Women Thursday, April 17th 9:30 AM to 12:00 PM

Join Joby Rogers, a certified professional makeup artist with over 30 years of experience for this 2.5 hour forum. It is the perfect place for mature women & women of all ages & experience to learn how to create a MakeUp style that compliments their personal features & skin tone. We will explore products & tools & 'must haves' for your personal makeup collection. You will participate in 'hands-on' makeup demonstrations & leave knowing that with a little practice you can perfect your personal appearance for all occasions.

◊ FREE RAFFLE GIVEAWAY ◊

Participants are encouraged, BUT NOT required, to bring their own personal MakeUp and Brushes for a professional evaluation (if applicable). It is preferable that participants attend the forum 'MakeUp free' BUT NOT required. Please bring pen and paper.

Cost: \$5 (must be paid within two business days of signup).

Spaces are limited and registration is required. To reserve your seat, please call (203) 452-5199.

COMMISSION ON AGING

Commission on Aging Meeting Dates for 2025

Meetings will be held at 2:00 PM

- March 28, 2025*
- April 25, 2025
- May 23, 2025
- June 27, 2025
- July—No Meeting
- August 22, 2025
- September 26, 2025*
- October 24, 2025
- November 21, 2025
- December 12, 2025

*Meeting will be held at the Trumbull Senior Center, all others will be held at Town Hall Chambers.

BLOOD DRIVE

American Red Cross



**Blood Drive Sponsored by
The Trumbull Health Department**

**Trumbull Senior Center
Friday, March 7, 2025
9:00 AM to 3:00 PM**

Held in the Smile-A-While Auditorium
23 Priscilla Place, Trumbull, CT 06611

For an appointment, please visit
redcrossblood.org
Or call 1-800-RED CROSS
(1-800-733-2767).

Use Sponsor Code: **trumbullhealth**



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MUSIC DISCUSSION GROUP

**Music Talk
Tuesday, March 11th & 25th
at 1:00 PM
2nd & 4th Tuesday of each month**

Do you play an instrument? Would you like to jam with other musicians and share your talent?

Do you enjoy singing? Do you have memories and/or stories to share, or would you like to blend some voices now?

Do you have a favorite artist and/or genre, or maybe you are interested in learning more about an artist or genre?

Let's get together and see where music takes us. Join us the 2nd and 4th Tuesday of every month at 1:00 PM, music is a world of possibilities! **All are welcome! To RSVP, please call (203) 452-5199.**

IN PERSON PROGRAMS AND GAMES

Book Club—1st Monday of every month at 11:00 AM

- **Lessons in Chemistry by Bonnie Garmus**—Monday, March 3rd
- **Hamnet by Maggie O'Farrell**—Monday, April 7th

Decluttering & Organizing Your Life**Monday, March 10th at 10:30 AM**

Join Caring Transitions of Milford for a presentation that will explore the techniques and benefits of decluttering and organizing personal spaces. The presentation will cover strategies for decluttering, organizing methods, and what to do with items you no longer need or want, as well as the emotional and physical benefits of maintaining an organized space, providing you a peace of mind. **To RSVP, please call (203) 452-5199.**

Bingo

- **Tuesday, March 18th at 11:00 AM**
- **Friday, March 28th at 12:30 PM**

To RSVP, please call (203) 452-5199.

Reminisce the 1950s
Wednesday, March 19th at 1:00 PM

Join Mozaic Senior Life for Mozaic Brain Boosters and revisit the 1950s!" **To RSVP, please call (203) 452-5199.**

Seniors Helping Seniors
Thursday, March 20th at 10:30 AM

Want to learn what it means to be a caregiver? Join Connor May of Seniors Helping Seniors for coffee and donuts to discuss joining the Seniors Helping Seniors team! **To RSVP, please call (203) 452-5199.**

Movie: 50 First Dates
Monday, March 24th at 1:00 PM

Henry Roth is a man afraid of commitment until he meets the beautiful Lucy. They hit it off and Henry think he's finally found the girl of his dreams until discovering she has short-term memory loss and forgets him the next day. Starring Adam Sandler, Drew Barrymore and Rob Schneider. **To RSVP, please call (203) 452-5199.**

**Brain Games**
Thursday, March 27th at 9:00 AM

Please note this program normally is held on the 1st & 3rd Thursday of each month but Danielle needed to reschedule for this month to 3/27. Join Danielle Ramos, of Cambridge and Ludlowe Health & Rehabilitation Centers in Fairfield, to participate in fun, stimulating brain games. **To RSVP, please call (203) 452-5199.**

Karaoke Sing-A-Long with CarePatrol
Thursday, March 27th at 1:00 PM

Join Chris Curran and Craig Oshrin of CarePatrol for an hour of karaoke and sing-a-longs! **To RSVP, please call (203) 452-5199.**

Trivia with Mary
Monday, March 31st at 10:30 AM

Last Monday of every month. Trivia hosted by Clinical Liaison, Mary Sourivanh, LPN, from Wilton Meadows Rehabilitation & Care Center. **To RSVP, please call (203) 452-5199.**

CAREGIVERS ARE ALWAYS WELCOME!

Monthly Birthday Party
Tuesday, March 25th

12:00 PM Lunch/12:30 PM Cake

Cost of lunch: \$5—\$7 Donation
Join us to celebrate this month's birthdays with lunch and cake! **The cake is sponsored by Masonicare at Wesley Village. To reserve lunch, call (203) 452-5199 ext. 3.**

Computer Lessons w/ Cathy
Mondays at 12:30 PM

Questions about using your phone or laptop? The Computer Tutor is available at the center for individual, one-on-one help. Appointments can help with:

- Too much junk email
- Searching the internet
- Creating and saving files and documents
- Text messaging.

Appointments required by calling (203) 452-5199.

Needlework Group: Tuesdays & Thursdays at 10:00 AM

Billiards/Ping Pong: Call (203) 452-5199 to reserve a table.

Rummikub: Mondays at 10:30 AM

Dominoes: Tuesdays at 11:00 AM

Cribbage: Tuesdays at 11:00 AM

Canasta: Tuesdays at 12:30 PM

Scrabble: Tuesdays at 10:30 AM

Pinochle: Wednesdays & Thursdays at 10:00 AM

Mahjong: Fridays at 10:30 AM

Pickleball Open Court:

- Mondays & Wednesdays: 12:30—3:00 PM
- Fridays: Beginners 8:30—10:00 AM & Intermediate 10:00 AM—12:30 PM

***There will be no pickleball on 3/7 and 3/24**

EXERCISE CLASSES ON ZOOM

Membership is required to participate in all of our Zoom programs. To register, please call the main office at (203) 452-5199. Zoom information will be sent via email upon registration.

Zoom information will remain the same for the entire membership year which runs from July 1st through June 30th.

Yoga with Jeannie
Mondays at 10:30 AM

Zumba Gold and Toning with Pauline
Wednesdays at 11:00 AM

Chair Yoga with Jeannie
Thursdays at 9:00 AM

Sit and Fit with Bobbi
Thursdays at 10:30 AM

Community Meditation with Deborah Swann
Thursday, March 20th at 7:00 PM
Third Thursday of each month.
No experience is necessary.

EXERCISE CLASSES IN PERSON

Please note that an active membership is required to participate in all programs and classes. All participants must sign in for classes at the kiosk or with the main office. Thank you!

Stretch and Zumba Gold with Nancy
Mondays at 9:00 AM

Zumba Gold and Toning with Pauline
Mondays at 11:15 AM

Moderate Yoga with Jeannie
Tuesdays at 9:00 AM
Please bring a yoga mat.

Tap with Rose ***RETURNS IN APRIL!***
Tuesdays at 10:00 AM
8-Week Workshop
April 1st—May 20th

Sit and Fit with Bobbi
Tuesdays at 10:30 AM
Please bring your own weights.

Line Dancing with Tom Mohyde
Tuesdays at 1:00 PM

Morning Exercise with Nancy
Wednesdays at 9:00 AM

Tai Chi with David ***RETURNS IN APRIL!***
Wednesdays at 10:00 AM
8-Week Workshop
April 2nd—May 21st

High-Low Aerobics & Balance w/ Heather
Thursdays at 9:00 AM

8-Week Workshop
February 20th—April 10th

Join us for some fun aerobic intervals and easy-to-follow cardio interval combinations set to upbeat music. Please bring your own weights.

Strength and Zumba Toning with Nancy
Thursdays at 10:15 AM
Please bring your own weights.

Qigong with Julie ***BEGINS MARCH 13TH!***
Thursdays at 1:00 PM

Yoga Nidra with Deborah Swann
Friday, March 7th & 21st at 1:00 PM
First and Third Friday of each month
This is a deep relaxation class with Reiki.
Please bring a yoga mat and small throw blanket.
Optional: small pillow for head rest.

Sound Healing with Tina
Friday, March 14th at 1:00 PM
Second Friday of each month.

Experience the soothing benefits of sound healing and reiki tailored for seniors in this gentle and rejuvenating class. Please bring a pillow, yoga mat and blanket.

The Department provides programs such as benefits screenings, financial assistance, resources, information and assistance, counseling and advocacy. In-office and home visits are offered. Please call 203-452-5198.

ENERGY ASSISTANCE

The Connecticut Energy Assistance Program (CEAP) helps Connecticut residents afford to heat their homes. Applications for CEAP are currently being scheduled by Social Services. Basic benefits toward your heating bill will range depending on your income level, household size, and whether there is a vulnerable member in the household. Benefits are usually paid directly to your utility company or fuel supplier. Households that heat with deliverable fuels like oil or propane may be eligible for additional deliveries. **Please contact Social Services to learn more about the program and its requirements and to schedule an appointment. Call 203-452-5198 or email us at: socialservices@trumbull-ct.gov**

MEDICAL EQUIPMENT

The Trumbull Senior Center/Social Services Department will no longer be accepting donations of medical equipment. **For medical equipment needs and donations, please contact Wheel It Forward located in Bridgeport, CT. (203) 652-8600.**

UBER EATS NOW ACCEPTING EBT AND MEDICARE ADVANTAGE

Uber Eats now accepts EBT and Medicare Advantage Flex cards

Use code SENIORCENTERS50 to shop for eligible groceries and get 50% off your next \$50+ order when you use your EBT or Flex card.

- 1 Download the Uber Eats app
- 2 Add your EBT or Flex card
- 3 Shop and schedule delivery from local stores

If you need support or have questions about how to use your Medicare Advantage Flex card on Uber, call 1-866-UBR-HLTH (1-866-827-4584).

Valid only when used with a Health Benefits card or EBT card. Promo expires on 03/31/2025. Promo valid for 50% off on orders of \$50 or more (Up to max \$40 off). Before taxes, fees, and promotions, from select stores in the Grocery section of the Uber Eats app. Eligible orders must exceed \$40 before taxes, fees, and promotions for delivery within the contiguous 48 states and DC and apply. Terms are subject to change. Pickup orders excluded. Other exclusions may apply (e.g. alcohol orders) See the Uber Eats app for details.

ELDERLY/DISABLED PROPERTY TAX RELIEF PROGRAM

Filing period begins February 1st and ends May 15th, 2025. To receive a benefit from the town, the maximum income guideline is \$70,000 for single/married couple. To receive an additional benefit from the state, income guidelines are a maximum gross income of \$45,200 for a single person and \$55,100 for a married couple.

Please contact the Tax Assessor's office at 203-452-5018 for general information or Social Services at (203) 452-5133 to schedule an appointment at the senior center or for a home visit.

STERLING ROAD— SANTA'S RUNWAY

For the fourth year in a row, the organizers of Santa's Runway Holiday Light Extravaganza, Zoli Szabo and Joe McDonald presented a check to the Human Services Department, these funds will be used to support the local food pantry and social services department. This year they collected \$6,620.

We thank them for their continued support and we look forward to seeing the beautifully decorated neighborhood of Sterling Road next holiday season!



AARP TAX-AIDE

FREE INCOME TAX HELP

AARP is offering free Tax Return Preparation by AARP/IRS Certified Tax Volunteers and E-File

WHERE: Trumbull Main Library, 33 Quality Street, Trumbull, CT

HOURS: By Appointment Only From 9:30 AM to 12:30 PM. Each Wednesday from February 5th until April 9th, 2025 and each Friday from February 7th until April 11th, 2025.

APPOINTMENTS: Please call the Trumbull Library at (203) 452-5197 to schedule your appointment.

WHAT TO BRING:

- Photo ID or other type of identification
- Social Security Card and Statement (SSA 1099)
- A copy of your 2023 tax return and/or prior year AARP Envelope
- All tax forms received for tax year 2024 (W-2, 1095, 1099)
- End of year Investment statements (INT, DIV, Stocks, Bonds)
- List of Itemized Deductions (Medical, Donations, Taxes)
- Any other tax documents you might have
- IRS PIN if issued, Cancelled Check for Direct Deposit

You must make an appointment by calling the Trumbull Library at (203) 452-5197. (No tax sessions if the Trumbull Schools are closed due to weather.)

EMERGENCY ASSISTANCE

Trumbull offers Hardship and Emergency Assistance to Trumbull Residents. Please call Social Services (203) 452-5198. This can be applied towards rent, medical, utilities, or other needs

WELLNESS NURSE SUSAN



NURSE APPOINTMENTS

Please call (203) 452-5134 to schedule an appointment with Wellness Nurse Susan. Drop in appointments are available on Tuesdays and Thursdays between 9:00 AM and 1:30 PM.

THE WALKING GROUP

Mondays from 9:30 AM—10:30 AM

Join Wellness Nurse Susan every Monday from 9:30 AM until 10:30 AM in front of Target on the second floor inside the Trumbull Mall for her weekly walking group. For more information, please call (203) 452-5134.

TRUMBULL'S PREVENTION PARTNERSHIP

"Prevention works, and coalitions make it happen!" This has been the motto of TPAUD, Trumbull's Prevention Partnership for many years. Since 2006, TPAUD has been working in Trumbull to prevent youth alcohol and drug use and promote mental health, by building relationships with key stakeholders from around Trumbull. We've recently ended a 10-year federal prevention grant from the CDC, and it's a new chapter for TPAUD! TPAUD's two part-time staff members, Melissa McGarry and Kiersten Naumann, have joined Trumbull's Human Services, and we're excited to promote healthy behaviors for all Trumbull residents. Check out www.tpaud.org for upcoming programs and activities. We're excited for what's to come!



MENTAL HEALTH

THE MARY J. SHERLACH COUNSELING CENTER

Provides a therapeutic clinical setting for individual, family and group therapy, and crisis intervention. Services are available for Trumbull residents, Town employees, and students who attend Trumbull schools.

(203) 452-5193



UNITED WAY

Call 211 for resources and assistance. 24 hours a day.
<https://uwc.211ct.org/categorysearch/mental-health/>

988 SUICIDE AND CRISIS LIFELINE

Calling 988 will direct the caller to representatives specifically trained in the management of suicide risk and other mental health crises.



HEALTH TIP FROM WELLNESS NURSE SUSAN

Neil Anand from ComForCare recently presented to us a program called DementiaWise. We learned about a nationwide Medicare initiative that aims to improve the quality of life for people living with dementia through a package of care coordination and management, caregiver education and support, and respite services. This is called the Guide Program. There are many benefits with the Guide program and one is up to \$2,500 for respite care services! Your income doesn't matter for eligibility. Have a happy and healthy month! Nurse Susan

SUPPORT GROUPS

COFFEE AND LEARN WITH DR. MORRIS

Meets the 1st and 3rd Wednesday of each month at 9:00 AM at the senior center. —**Wednesday, March 5th & 19th**. Join Dr. Morris for this open-discussion group that will touch base on all different life topics and provide an opportunity for discussion and reflection. To join, contact Dr. Cornelia Morris at cmorris@trumbull-ct.gov and/or call (203) 452-5158.

GRIEF AND LOSS GROUP

Facilitated by Dr. Cornelia Morris, PhD, LADC Meets the 2nd and 4th Tuesday of each month at 9:00 AM at the senior center—**Tuesday, March 11th & 25th**. To join, contact Dr. Cornelia Morris at cmorris@trumbull-ct.gov and/or call (203) 452-5158.

TRANSPORTATION

(203) 452-5137

The Trumbull Senior Center provides transportation to residents, age 60 and over and/or age 55-59 and disabled.



Buses are fitted with UV light/air filtration systems. **For more information or to view our transportation guidelines please visit: www.trumbull-ct.gov/289/Transportation-Services**

MEDICAL APPOINTMENTS: Medical appointment rides are available on **Mondays, Tuesdays, and Thursdays from 9:00 AM to 1:00 PM**. We require a minimum of 48 hours notice to see if we can accommodate the appointment into our schedule, rides can be booked days or months in advance. We travel to Trumbull, Bridgeport, Stratford, parts of Shelton, and Rt. 111 in Monroe up to the CVS.

SENIOR CENTER: Rides are available Monday through Friday to the senior center. Please call for more information and times. We require a minimum of 48 hours notice for all rides.

VETERANS: Ask us about rides to the VA in West Haven.

Need a ride somewhere else? We provide rides to the bank, hairdresser, barbershop, or legal appointments based on availability.

See page 9 for shopping and trip information!

SHOPPING TRIPS**SHOPPING LOOP**

The first Wednesday of every month we offer a loop shopping trip where you can choose the store to visit. Pickup time is between 9:00—9:45 AM, shop for 1 1/2 hours and then return home. Stores include Big Y, Best Buy, Kohl's, Target, and Five Below. Our loop day is **WEDNESDAY, MARCH 5TH**.

ALDI SHOPPING TRIP

The second Wednesday of every month we offer rides to Aldi in Monroe. Estimated pick up time is between 9:00—9:45 AM. Shop for an hour, then return home. The Aldi shopping date is **WEDNESDAY, MARCH 12TH**.

WALMART SHOPPING TRIP

The third Wednesday of every month we offer rides to Walmart in Shelton. Estimated pick up time is between 9:00—9:45 AM. Shop for an hour then return home. The Walmart shopping date is **WEDNESDAY, MARCH 19TH**.

GROCERY SHOPPING

Every Friday we offer grocery shopping trips for residents. On the 1st and 3rd (and 5th) Friday of the month, we go to Stop and Shop in Trumbull and on the 2nd and 4th Friday of the month we go to ShopRite in Shelton. The estimated pick up time at your home is between 9:00 AM—9:45 AM. Shop for an hour and then return home.

LEISURE TRIPS (PAYMENT DUE WITHIN 2 DAYS)**KINSHIP GLASSWORKS—Milford, CT**

FRIDAY, MARCH 7TH

Cost: \$29—CASH ONLY (Doesn't include breakfast)

Depart Penny Lane Lot: 9:15 AM

Learn about the art of glassblowing. Everyone attending will have the chance to win a piece of glass to take home. Breakfast at Pop's.

INSTITUTE FOR AMERICAN INDIAN

STUDIES—Washington, CT

***Registration opens on February 28th at 9:00 AM**

FRIDAY, MARCH 21ST

Cost: \$16—CASH ONLY (Doesn't include breakfast)

Depart Penny Lane Lot: 9:00 AM

The Institute for American Indian Studies preserves and educates through discovery and creativity the diverse traditions, vitality and knowledge of Native America Cultures. Breakfast at Blue Colony Diner in Newtown.

LEISURE TRIPS CONTINUED**WADSWORTH MUSEUM—Hartford, CT**

***Registration opens Thurs., March 13th at 9:00 AM
FRIDAY, APRIL 4TH**

Cost: \$16—CASH ONLY (Doesn't include lunch)

Depart Penny Lane Lot: 9:00 AM

The Wadsworth is noted for its collections of European Baroque art, ancient Egyptian and Classical bronzers, French, and American Impressionist paintings, and more. Lunch will be at BMuse located in the museum.

CAROUSEL MUSEUM—Bristol, CT

***Registration opens Thurs., March 27th at 9:00 AM
FRIDAY, APRIL 11TH**

Cost: \$32—CASH ONLY (Includes lunch)

Depart Penny Lane Lot: 9:15 AM

Prepare to Embark on a unique journey into the thrilling history of carousels. Uncover the surprising complexity of this seemingly simple ride which transcends from amusement parks to fine art. Sandwich options are: Gluten Free Lettuce Wrap or Mini Salad, Turkey, Chicken Cutlet, Italian, Chicken Salad or Ham.

BUS TRIPS**SWING INTO SPRING WITH THE KING**

Wednesday, April 16, 2025—Bolton, CT

Cost: \$133 (Checks made to Friendship Tours)

Depart Penny Lane Lot: 9:45 AM

Estimated Return: 5:00 PM

Richie Santa performs as an Elvis tribute artist with a show that will not disappoint! From the time he was eight years old he honed his skill to move & sing as ELVIS. With the power of Richie's voice, the transformation was complete. There will never be another Elvis. Yet as long as fans support the music, Richie will continue to perform his show as a tribute to the greatest entertainer of all time - ELVIS. **Menu Choice of: Chicken Florentine, OR Stuffed Sole w/ Crabmeat Stuffing**

CAROLE'S KINGS

Tuesday, August 19, 2025—Plantsville, CT

Cost: \$134 (Checks made to Friendship Tours)

Depart Penny Lane Lot: 10:15 AM

Estimated Return: 4:30 PM

Carole King, an iconic signer-songwriter gets a brand new sounds in Carole's Kings, the world's first all male Carole King tribute. **Menu Choice of: Chicken Parmesan or Maple Glazed Salmon**

UPCOMING TRIPS WITH COLLETTE TOURS:

- Spain's Classics: October 17th—October 28th, 2025**
- Exploring the Alpine Countries: April 23rd—May 4th, 2026**

Priscilla Place Café Lunch Hours:

Mondays, Tuesdays, and Thursdays from 12:00 PM—1:00 PM.

Please check in for lunch by 12:30.

Suggested donation of \$5.00-\$7.00***As long as participant fills out registration forms***All lunch specials are served with: Soup **or** Salad & Dessert

Other Menu Selections: Sandwich—Only available when ordering 24 hours in advance and it must be specified in your reservation that you are ordering a sandwich.

Sandwiches are NOT available on special event days.

Reservation Line: (203) 452-5199 ext. 3**Reservations must be made 24 hours in advance (by 12:00 PM the day prior or if ordering for Monday lunch, please call by 12:00 PM the Friday before). For holiday lunches and parties, reservations must be made a week in advance.**

*Financial assistance is available. See the front office to apply. All inquiries are kept confidential.

FOOD ALLERGY WARNING: Please be advised that our food may have come in contact or may contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption of meals.

| Monday, March 3 rd | Tuesday, March 4 th | Thursday, March 6 th |
|---|---------------------------------------|--|
| Stuffed Shells and Meatballs | Tuscan Chicken with Rice | Pork Loin with Sweet Potato |
| Monday, March 10 th | Tuesday, March 11 th | Thursday, March 13 th |
| Roast Beef with Mashed Potatoes | Sausage and Peppers with Rice | Eggplant Parmesan with Pasta |
| Monday, March 17 th | Tuesday, March 18 th | Thursday, March 20 th |
| St. Patrick's Day Celebration! Reservations Required by 3/10. Corned Beef and Cabbage | Turkey with Stuffing and Sweet Potato | Swedish Meatballs with Egg Noodles |
| Monday, March 24 th | Tuesday, March 25 th | Thursday, March 27 th |
| Chicken Cacciatore with Linguini | Ham and Scalloped Potatoes | Cookout! Hamburger or Veggie Burger |
| Monday, March 31 st | | |
| Quiche with Mushrooms, Spinach and Cheese | |  NEW ENGLAND Young at Heart ™ Live Well, Laugh Often, Love Much |

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Trumbull Senior Center

06-5293

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| 3 9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:30 Rummikub 10:30 Yoga 11:00 Book Club 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court | 4 9:00 Moderate Yoga 10:00 Needlework Group 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 11:00 Cribbage 12:00 Lunch 12:30 Canasta 1:00 Line Dancing | 5 9:00 Morning Exercise 9:00 Coffee & Learn 9:00 The Loop Shopping 10:00 Pinochle 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court | 6 9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 1:00 Matter of Balance | 7 9:00 Stop & Shop 9:00 Red Cross Blood Drive 9:15 Kinship Glassworks 10:00 Painting w/ Jill 10:30 Mahjong 1:00 Yoga Nidra |
| 10 9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:00 Poetry 10:30 Rummikub 10:30 Decluttering/Organizing 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court | 11 9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 11:00 Cribbage 12:00 Lunch 12:30 Canasta 1:00 Line Dancing 1:00 Music Talk | 12 9:00 Morning Exercise 9:00 Aldi Shopping Trip 10:00 Pinochle 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court | 13 9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 1:00 Qigong | 14 8:30 Beginner Pickleball 9:00 Shoprite 10:00 Painting w/ Jill 10:00 Intermediate Pickleball 10:30 Mahjong 1:00 Sound Healing |
| 17 9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:30 Rummikub 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court | 18 9:00 Moderate Yoga 10:00 Needlework Group 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 11:00 Cribbage 11:00 Bingo 12:00 Lunch 12:30 Canasta 1:00 Line Dancing | 19 9:00 Morning Exercise 9:00 Coffee & Learn 9:00 Walmart Shopping Trip 10:00 Pinochle 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Reminisce the 1950s | 20 9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Seniors Helping Seniors 10:30 Sit and Fit 12:00 Lunch 1:00 Matter of Balance 1:00 Qigong 7:00 Comm. Meditation | 21 8:30 Beginner Pickleball 9:00 Stop & Shop 9:00 Inst. For American Indian Studies Trip 10:00 Painting w/ Jill 10:00 Intermediate Pickleball 10:30 Mahjong 1:00 Yoga Nidra |
| 24 9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:00 Poetry 10:30 Rummikub 10:30 AARP Presents 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 1:00 Movie | 25 9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 11:00 Cribbage 12:00 Lunch 12:30 Canasta 12:30 Birthday Party 1:00 Line Dancing 1:00 Music Talk | 26 9:00 Morning Exercise 10:00 Pinochle 10:00 Attorney Eliovson 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court | 27 9:00 Chair Yoga 9:00 High-Low Aerobics 9:00 Brain Games 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 1:00 Matter of Balance 1:00 Qigong 1:00 Karaoke/Sing-a-long | 28 8:30 Beginner Pickleball 9:00 Shoprite 10:00 Painting w/ Jill 10:00 Intermediate Pickleball 10:30 Mahjong 12:30 Bingo |
| 31 9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:30 Rummikub 10:30 Trivia w/ Mary 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court | <h1>MARCH 2025</h1> <p>*All virtual programs are written in GREEN text.</p>  | | | |